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T-144

Dear Ma —

I've finally got the results of the blood tests. I waited another week after my second phone call (three weeks altogether after my visit to the doctor), then called again. I told the woman who answered the phone that I'd called twice before and got promises but no results. She said "OK, we'll clear this up now," & promised. So she got the nurse on the phone, and the nurse gave me the test results over the phone. She then apologized for having taken so long about sending out the results to me. I certainly had an apology coming. She gave no reason for the delay, so apparently the delay was just due to the nurse's ~~usual~~ negligence. I refrained, however, from making any nasty remarks. It's just as well to keep on good terms in case we have to visit that doctor again.

Anyhow, the nurse said that the blood test results were all normal. I asked her if that meant that no further medical consultation was necessary in connection with this matter. She said, well, the doctor had put a notation to the effect that two other tests might be considered — a "holter" test and an "echo" test. "But," the nurse added, "I don't know how strong that recommendation is." So that of course leaves me wondering. At the time of the examination they told me a little about the "echo" test, but I don't remember just what it was. The "holter" is a kind of portable electrocardiogram machine that you wear as you go about your daily activities. Since

I didn't have any irregular heartbeats during the examination, all the doctor knows about the irregularities is what she can get from my verbal description. The purpose of the holter is to record your heart rhythm constantly over a period of time, and so catch and record the irregularities as they occur. Apparently the doctor needs that in order to make a definitive judgement about the irregularities. However, I understand that the holter costs something like $200.00 per 24 hours, and if you use it for only one day there's always the possibility that you won't catch the irregularities during that period.

The impression I got from the doctor during the course of the examination was that she didn't seem to feel it was much to worry about, though she was unwilling to assert this positively. Maybe I would do well to write the doctor a letter and ask her just how important she thinks these other tests are. But if I do that, I might not get a clear answer — naturally the doctor will be reluctant to stick her neck out and say the tests are of marginal importance, because what if I drop dead a month later? She might be subject to criticism, or conceivably even a lawsuit, for not having recommended the tests. So maybe I'll just let the matter drop. I'll have to think it over.

I enjoyed the clipping that you sent me about the fur that got caught in the zipper.

Thank you very much for the $500 check. I'm keeping an account of what you send me for medical expenses and what I've spent of it, and the account so far is as follows:
Checks received from you: one for $200, one for $500, $700 altogether.
Expenditures:

$ 321.10	Heart exam and tests
146.00	Removal of skin growth on neck plus lab fee for examination of the growth, etc.
25.00 (approx)	Bus ticket to Missoula and back
22.00	Motel
3.50	Phone calls to Dr. Peschel's* office
8.95	Phone calls to Dr. Goren's* office
$ 526.55	total

I paid the $321.10 all at once because they offered a 5% discount for immediate payment of the whole amount.

Balance = $700.00 minus $526.55 = $173.45

In answer to your question, you can send me the 3 Harvard yearbooks, but not the book titled "Fair Harvard."

I'm very sorry to hear about your cataract. There are various types of cataracts, but I think I've read that the most common type is the result of the oxidation of proteins in the eye lens. This oxidation is promoted by ultraviolet light, so it's well to wear ultraviolet-proof sunglasses when you're outdoors. Also certain vitamins, such as vitamin C and beta carotene, are antioxidants and help to prevent

*Dr. Peschel is the one who cut out the skin growth, and Dr. Goren is the heart doctor.

formation of cataracts. So if you take these vitamins, maybe they will slow or stop the development of your cataract. Vitamin C can be harmful in excessive amounts, but I believe that 250 milligrams a day in addition to an average diet is considered a safe dose of vitamin C. But read that beta carotene can be taken in any amount without harm. You might want to ask your eye doctor whether your cataract is of a type whose development can be slowed by the measures I've suggested.

— Ted